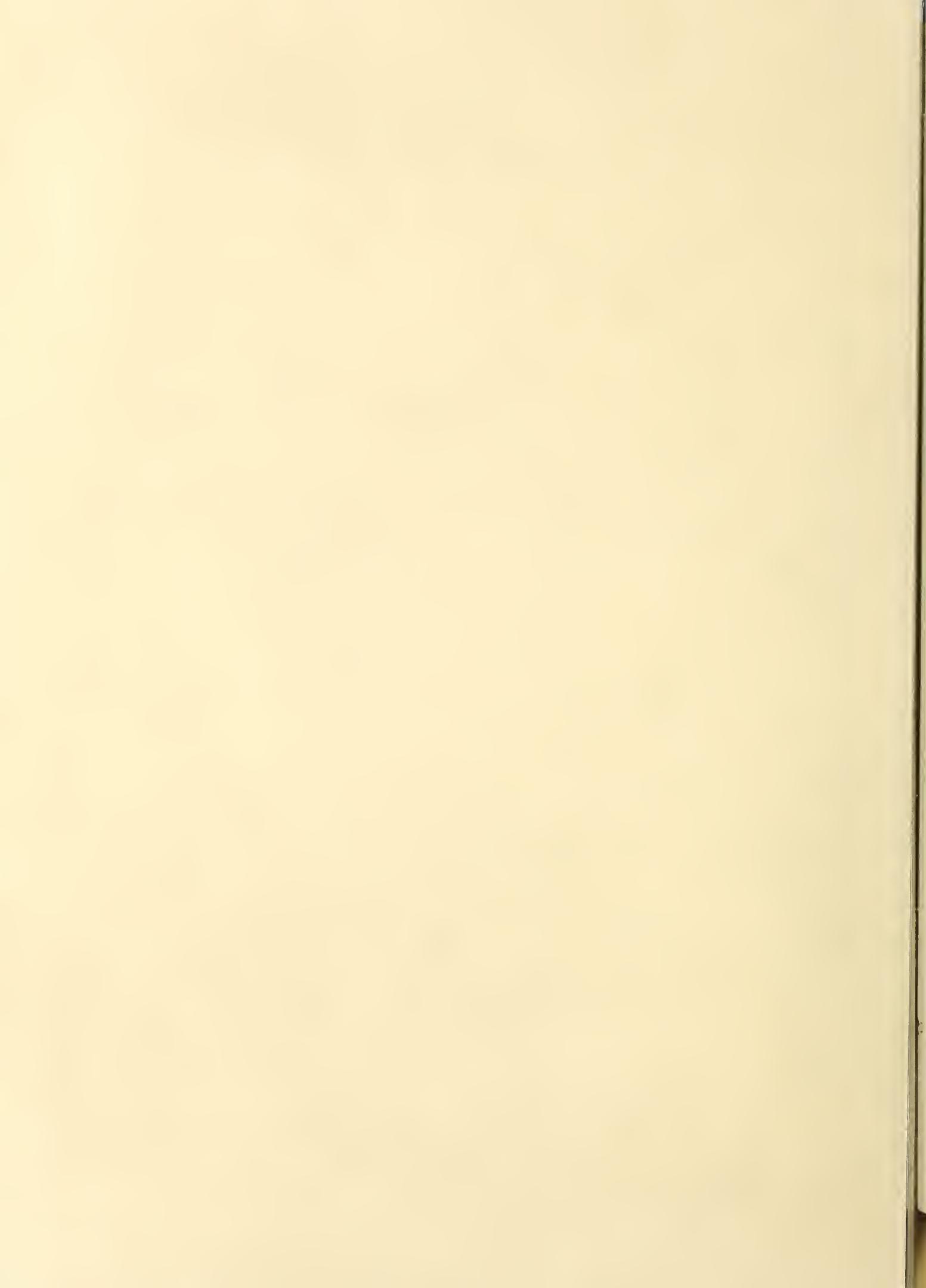


# **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



14  
P58

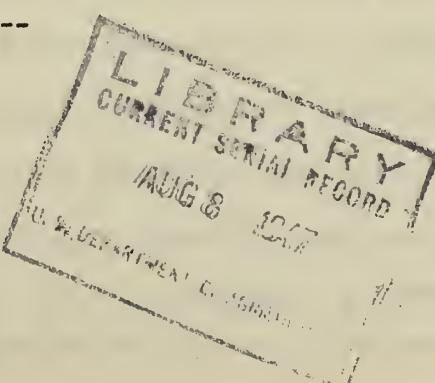
UNITED STATES DEPARTMENT OF AGRICULTURE  
Office of Information

Picture Story No. 38  
Release - August 17, 1947

SHORTER PROCESSING SAFE  
FOR HOME CANNING OF SNAP BEANS

Recent research by canning specialists of the U. S. Department of Agriculture shows the processing period for many low-acid vegetables canned under steam pressure may be cut, sometimes by as much as one-half, below that formerly considered necessary to destroy spoilage organisms. Shorter exposure to high temperature means to the house-wife better-tasting canned products and higher nutritive value. In using the new process times it is important to prepare and pack vegetables as directed. Full directions for doing this are given in a new Department pamphlet - AIS-64, "Home Canning of Fruits and Vegetables." A copy of this pamphlet may be obtained by sending 5 cents - in coin, not stamps - to the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

These pictures show the routine followed by Mrs. Carol Howe of Washington, D.C., as she cans snap beans according to the latest directions which are from the Bureau of Human Nutrition and Home Economics. One bushel, about 30 pounds, of fresh snap beans yields 15 to 20 quarts of canned beans. It takes  $1\frac{1}{2}$  to 2 pounds of fresh beans to make a quart of canned beans.



INDEX FOR PS No. 38  
CANNING SNAP BEANS

(EDITORS AND WRITERS: You may obtain 8x10 glossy prints of any of the pictures here shown in miniature free on request to the Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D.C.)

(1) Starting with fresh, young, tender snap beans - just enough for one canning batch - Mrs. Howe works briskly to "can freshness." She cuts the beans into 1-inch lengths, places them in a kettle, covers them with water, and boils them for 5 minutes. Meanwhile she heats her canning jars in water. The pressure canner is handy for this. Her kitchen table, being on rollers, is moved conveniently near the stove.

(2) Taking one jar at a time, and using a funnel, Mrs. Howe packs the hot jars loosely with spoonfuls of hot snap beans. She covers the beans with hot cooking liquid, adds salt, pushes a knife blade down the jar side to work out any air bubbles, and sees that the headspace is right. Then, when the jar rim is wiped clean, she adjusts the lid and puts each jar in the canner rack.

(3) When 2 or 3 inches of water are boiling in the steam pressure canner, Mrs. Howe lowers the rack of cans filled with beans into place. If the canner is deep enough, she may can two layers of jars at once, provided a rack or wire basket keeps the layers apart.

(4) Following carefully the directions for operating her special make of steam pressure canner, Mrs. Howe has exhausted air from her canner and raised the pressure to 10 pounds. She writes down the time, to be sure of heating the beans for the exact period her directions require. Her job now is to watch the clock and also the gage, so as to keep the pressure steady by adjusting the heat.

(5) Mrs. Howe lets her jars of canned beans cool overnight, right-side up on a rack, or folded towel, in a draft-free place. Then she inspects them. Because her jars have screw bands, she takes off bands that can be removed without forcing. Next she tests the jars for leaks, wipes each sealed jar clean, and labels it.

(6) Mrs. Howe is ready to store her cans of snap beans in a cool, dry place. Because they were canned by the new shorter processing method, they have fresher flavor and texture and more vitamin value.